



Produce of the month: Sweet Basil, Cinnamon Basil, Cucumbers, Carrots, Salad Mix, Spinach, Corbra and Walla Walla Onions, Zucchini squash, and other summer squash, Long Green Beans, Potatoes, Baby Boc Choy, Kohlrabi, Tatsoi, Mizuna, Arugula, Kale, Tomatoes, and Swiss Chard.

FEATURED RECIPE

[Tatsoi, Mizuna and Edamame Salad with Sesame Dressing Recipe](#)

Recipe Vegetarian Times | February 1, 2007 p.69

Servings: 4

Tatsoi cabbage has small, heart-shaped, green leaves that are beautiful in salads. Mizuna, another Japanese green called for in this main-dish salad, has feathery leaves and a peppery flavor.

Ingredient List

Sesame Dressing

- 3 Tbs. roasted sesame oil
- 2 Tbs. tahini
- 2 Tbs. seasoned rice wine vinegar
- 1 Tbs. low-sodium soy sauce

Salad

- 1 1/2 cups frozen shelled edamame, thawed
- 2 cups tatsoi leaves
- 2 cups mizuna
- 1 cucumber, peeled and sliced
- 1 8-oz. pkg. baked teriyaki tofu, cubed
- 1 green onion, sliced
- toasted sesame seeds

Directions

1. To make Sesame Dressing: Whisk together sesame oil, tahini, vinegar and soy sauce in small bowl.
2. To make Salad: Cook edamame according to package directions. Rinse under cold water to cool. Drain well.
3. Divide edamame, tatsoi, mizuna, cucumber, tofu and green onion among 4 plates. Drizzle with Sesame Dressing. Sprinkle with sesame seeds, and serve.

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